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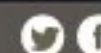
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Liam

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West Logan Oliver
Wisdom
Sky-light Mason

Arizona
Patience
Avery Winter
Sophia
Ella Emily
Ava

Olivia

Chloe
Abigail
Emma
Unity

The baby names that topped the list in a
record-breaking year for Alberta
metroNEWS

UFC fighter's hit-and-run death 'tragic'

FATALITY

Ryan Jimmo
remembered by
former training
partner



Kevin
Maimann
Metro | Edmonton

A former training partner of Ryan Jimmo says the Ultimate Fighting Championship athlete killed in a hit-and-run Sunday was in the process of moving back to Edmonton from the U.S.

Police say Jimmo, 34, approached the driver of a pickup truck early Sunday morning in a parking lot on Whyte Avenue, near 100 Street, and was walking back to his own car when the pickup driver struck him with the vehicle and fled the scene.

"It's horribly tragic," said Luke Harris. Harris said the fighter was

showing his girlfriend around Edmonton when he was tailgated by a truck before the confrontation ensued.

He said Jimmo, a New Brunswick native who was nicknamed "The Big Deal," had a personality that would not necessarily be expected of a professional fighter.

"He's done some incredible things in the sport. But aside from the sport, the guy was just a great person and a pleasure to be around," Harris said.

"He was definitely a cognitive guy, played chess, read physics books, loved to dance and do the robot. You don't have too many serious conversations with him, he was always joking around."

He remembers Jimmo coaching kids at the Hayabusa Training Centre and said he was a role model for a lot of young people.

Police are looking for the suspect vehicle, which they describe as a dark customized older model pickup truck.



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MILL CREEK

City looks at trestle bridges

The city wants to know just how attached you are to the historic railway bridges in Mill Creek.

A survey currently underway is asking for input on the trestle bridges ravine that now serve people walking through the ravines, but at one point were used by the Edmonton Yukon and Pacific Railway.

The line was built early in the 1900s and stopped carrying passengers in 1928, before shutting down its freight traffic service in 1954.

Allan Bartman, with the city's transportation department, said the bridges are operating fine now, but it's time for the city to do some work on them.

"They are in OK shape. They are in need of a rehabilitation, but there are no safety concerns at the moment," he said.

The online survey out now asks residents if they are attached to the trestle style of the current walkways. Bartman said they want to know how important that is to people.

"Are they concerned with esthetics, the historical nature or is it more just 'I want a bridge across the creek.'"

Bartman said it's not an issue of cost, but the trestle bridge do have smaller spans and involve more piers into the ground.

"There is a lot of material involved, but it is fairly repetitive construction," he said.

He said the city plans to come back to the community in the fall with proposals and construction would potentially begin in 2017.

RYAN TUMILTY/METRO

'Been a long time coming'

MENTAL HEALTH

PTSD awareness day on June 27 welcomed by first responders



Alex Boyd
Metro | Edmonton

The Alberta government has created a new day of awareness for post-traumatic stress disorder, a condition estimated to affect thousands of people in the province.

"I think it's been a long time

coming. It's about time really," said firefighter Paul Semeniuk, who co-founded an organization called the Mental Rescue Society with a group of fellow first responders last year.

The group works to get people talking about conditions like PTSD, and Semeniuk said that's something an awareness day will help with.

"You need to voice those risk factors, you need to voice those warning signs so people can relate it to their own life, so they can say, 'Maybe this is something that I do suffer from,'" he said.

A serious mental health condition, PTSD can develop after

someone experiences a traumatic or terrifying event. As a result, first responders, military personnel, doctors and nurses face a higher risk.

Though he's never been diagnosed, Semeniuk says he notices some of the symptoms in himself, something he attributes to his work as a first responder.

"PTSD affects more people than you know."

The push for more awareness is also welcomed by Scott Brochu, who sits on Edmonton Fire's peer and stress counseling task force.

"You could say almost everybody in military, fire, police, EMS, experiences acute stress

disorder at some time or another," he said, referring to the condition often considered a precursor to PTSD.

He points out that Edmonton Fire requires all members to take two mental health courses — mental health first aid is two days, and the Road to Mental Readiness is four hours — which is still an unusual move for a fire department.

Firefighters are taught what mental health is, as well ways to monitor their own health — in the hopes they'll seek treatment early.

Brochu is optimistic about what he sees as growing awareness of PTSD and mental health,

but adds that stigma remains an issue and there's a lot more work that needs to be done.

When explaining the impact PTSD, he uses fire as a metaphor.

"Acute stress disorder is like a bonfire, if you spray it down with water it's done. But if you let it go long enough it becomes a fire that's down in the peat moss and that takes a long long time to get it all out — that's PTSD."

Speaker Robert E. Wanner launched the new annual day of awareness Monday, after MLA Nicole Goehring's private members bill calling for the day's creation came into effect earlier this month.



Paul Semeniuk says a day of awareness is a positive thing for PTSD, which many people are still reluctant to talk about. ALEX BOYD/METRO

BY THE NUMBERS

8%

Percentage of the Canadian population who will suffer from PTSD in their lifetime.

50%

The approximate number of people with PTSD who will recover within three to six months. Others suffer for years.



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Jasper Tower gets go-ahead

URBAN PLANNING

Council sees narrow vote on 45-storey development



Ryan Tumilty
Metro | Edmonton

A divided city council approved the proposed 45-storey Emerald Tower on Jasper Avenue after a protracted debate late Monday night.

The tower, which the community and the city administration both opposed, was approved in a 9-4 vote, with Mayor Don Iveson and councillors Andrew Knack, Ben Henderson and Scott McKeen voting against.

When finished, the Emerald will be the tallest residential tower in the city.

Several councillors attempted to send the project back for more work with a three-month deferral, focusing on the podium with its above-ground parkade as a red flag.



This rendering shows a portion of the proposed Jasper Tower. The above-ground parkade will be screened behind coloured glass, but many councillors thought that space should have been used for housing or office space. SUPPLIED

Coun. McKeen said he loved many of the developer's previous projects, including the Pearl further down the street, but not this proposal.

"This one is not hitting that standard. This is not close in design or podium design," he said.

But Coun. Ed Gibbons said

“There is a balance to be struck that isn't currently here in this proposal.”

Mary McPhail,
Oliver resident

the project was solid and would be good for the downtown and the community.

"Let's get real and move Jasper forward," he said.

He said the deferral would not change anything.

"I just believe it's another stall tactic, because you don't have the votes to put it down."

Oliver resident Mary McPhail said the community was attractive for developers and the city should demand quality.

"Edmonton is no longer at the point where we can be grateful to a developer for turning a hole into a development," she said.

McPhail said she didn't oppose the height of the development, but believed the city could demand more.

"There is a balance to be struck that isn't currently here in this proposal and could be there in the next one."

Regency developments CEO Raj Dhunna asked council for a simple up or down vote. He said the company had done all it could.

"We've achieved the compromises we're willing to make with all the stakeholder groups after 18 months of discussion," he said.

He said the design was geared towards a \$350,000 price per unit and changing that would be a mistake.

"We have learned through our projects and personal experience what the attainable price point is and this allows us to achieve that."

UNIVERSITY OF ALBERTA

'Stealth' black hole discovered

The discovery of a "stealth" black hole by an international group of astronomers — led by physicists from the University of Alberta — may mean there are thousands of similar black holes lying undetected in the Milky Way.

The researchers combined data from telescopes around the world to conclude that a "peculiar" source of radio waves was a black hole several times bigger than our Sun.

The source of confusion? This new location wasn't giving off the readings researchers have come to expect of a black hole. While it was pulling in material from its companion star, it was doing it really slowly.

"Usually, we find black holes when they are pulling in lots of material. Before falling into the black hole this material gets very hot and emits brightly in X-rays," said lead author, PhD candidate Bailey Tetarenko.

"This one is so quiet that it's practically a stealth black hole."

Researchers say their results imply there could be many more black holes than previously thought. METRO



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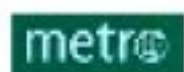
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Edmonton police say resources are stretched thin and some services could be cut or outsourced as a result. METRO FILE

Responses won't stop: Union boss

MENTAL HEALTH

Police playing hardball after budget shortfall: Maurice Brodeur



Kevin Maimann
Metro | Edmonton

Edmonton's police union boss says officers will not stop responding to mental health calls, despite a warning from the department that responses could be cut back.

But Maurice Brodeur said that resources are stretched thin after city council granted police a \$39.2 million increase over the next three years — about half of what the Edmonton Police Service asked for.

"We need the resources in place. And that's what this is all about. This is hardball between the service and the city hall in regards to money," said Maurice Brodeur.

Police launched online surveys earlier this year and held

public meetings to figure out what services citizens most want protected, and what could be cut or outsourced.

Mental health calls where there is no criminal offence were listed among the latter, as well as gas-and-dash calls, vehicle collisions with minor damage, intoxicated people, off-hours bylaw complaints and vehicle break-ins during which minor items were stolen.

Brodeur said there is no other entity in place to deal with mental health calls in the absence of police, and he also worries a lawsuit could be filed against the city if someone committed suicide after police did not respond to a mental health call.

Even calls that are non criminal in nature can lead to unpredictable and quickly escalating scenarios, he added.

"It's all semantics. At the end of the day, we're going to get calls for service, because there is nothing in place to deal with that. The police are the only 24-7 entity that does all things," Brodeur said. "How do you replace what we offer? I don't see anything in place to do that."

“At the end of the day, we're going to get calls for service, because there is nothing in place to deal with that. The police are the only 24-7 entity that does all things

Maurice Brodeur

HOMESCHOOLING

Alberta education roots out ineligible families



Jeremy Simes
For Metro | Calgary

Alberta Education has put the clamp down on some home-school students whose parents were ineligible reimbursed by provincial school authorities for providing the service.

On Friday, a letter from the Centre for Learning at Home said parents whose kids are in blended, fully aligned and online

school programs would no longer be reimbursed for expenses related to school courses.

The Centre for Learning at Home was disappointed with this change and had appealed the decision, according to the letter.

But Paul van den Bosch, president of the Alberta Home Education Association, has no problems with the letter. He said parents whose kids are part of those programs aren't supposed to be reimbursed by school authorities, according to legislation.

"They're actually enforcing regulations. It's the first time I've seen them do it," he said.

In an email, the Ministry of Education said it found two per cent of homeschool students were receiving ineligible funding after conducting "spot monitoring" of school authorities that supervise home programs.

The Ministry said it found school authorities operating online or regular programs were reimbursing parents, when only the cost of instructional materi-

als can be reimbursed to parents who are solely home-schooling their kids because they aren't using regular or online programs.

The Centre for Learning at Home letter stated that there's no longer a requirement for parents to front the cost of resources or related events, as the school will provide basic instructional and supplemental resources.

The Ministry said it hasn't yet made a decision on what's required of the school authorities that made reimbursements.

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MURAL OLD STRATHCONA GETS ARTIER Los Angeles-based artist Cleon Peterson added some whimsy to Old Strathcona this weekend, painting a black and white piece on the north-facing wall of El Cortez. Peterson was brought in to paint the mural through a link with the Common Ground Arts Society. ALEX BOYD/METRO

IN BRIEF

Bison carcasses in Alberta investigated

Animal-welfare officials are investigating whether several bison were killed so their carcasses could be used in the filming of an American movie in southern Alberta. Studio 8, the California-based company producing the ice-age movie *The Solutrean*, said in a statement that it is doing an internal review as well, but has so far found no evidence supporting the allegation. The animals had been destined for slaughter, said the studio, and a beef-jerky company was contracted to purchase and process the meat. THE CANADIAN PRESS

Sage grouse coming back

A classic prairie bird is slowly re-establishing itself in its grassland home, two years after the sage grouse became one of the first species to get emergency protection from the federal government. Sage grouse numbers have almost quadrupled since 2014, with nearly 80 male birds in southern Alberta and Saskatchewan. THE CANADIAN PRESS

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Olivia, Liam top names

FAMILY

Katniss, Sky-Light, Wealth, Chevy round out baby list



Ryan Tumilty
Metro | Edmonton

Kindergarten classes five years from now will be abuzz with a lot of little ones named Liam and Olivia.

Alberta saw 56,529 new children enter the world this year and Liam topped the list of boys with 301 of them, Olivia was the top girls name with 293 parents choosing that name for their child. Those two names also held the top spots in 2014.

The economic downturn didn't slow down the birth rate in Alberta as the 56,000 new babies were a record-breaking year for the province.

Rounding out the top five for girls was Emma, Emily, Sophia and Ava, who all held



Alberta had a record number of new bouncing baby boys and girls last year. METRO FILE

the same spots last year. For boys it was Noah, Ethan, Benjamin and Lucas.

Not all Alberta parents went the traditional route however.

Pop culture seemed to play a role with Tyrion from Game of Thrones, Katniss from the Hunger Games and Elsa from Frozen all making an appear-

ance.

Some parents steered clear of traditional names with baby boys named Sky-light, West, Wisdom, Jet, as well as Wealth,

“I have three Olivias, but it isn't a problem.”

Indira Rao

Crew, Chevy, Hero and True.

Not to be outdone there are baby girls in the province named Winter, Arizona, Unity, Justice, Unique, Patience, Mercy, Karma, Journey, and Symphony.

At the Summerside Child Care Centre the patterns of the last three years bear true, with three little Olivias starting to learn about the world.

Program director Indira Rao said she has many of the popular names, but doesn't mix up the kids.

“I have three Olivias, but it isn't a problem,” she said.

Rao said despite the name's popularity she does not have any Liams at her child care centre.

The full list of baby names going back to 1980 is now available through an app the government created.

WHY OLIVIA?

Popular results in 2015

While the 2015 baby-name results show Liam as the most popular name for boys, the results for girls shows an interesting trend — namely, the same five names have now occupied the same five positions for girls in Alberta over the past five years.

At the top of the name heap is Olivia, yet again. And aside from Olivia Newton-John and a character from a popular children's book, there are no obvious pop-culture inspirations.

The reason appears to be good old momentum.

Indeed, before you feel unique, Alberta, consider that this trend is a North American thing. Olivia is the second-most popular baby name in the United States right now.

The trend started in earnest in about 1995, when Olivia jumped (in the U.S.) from its usual couple of hundred babies per million to several thousand per million. Today it's the second most popular name (and the related Oliver is popular with boys), scoring well more than 10,000 names per million. METRO

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Get to know your Amigos



Haley Ritchie
Metro | Ottawa

Mexico's President Enrique Peña Nieto is in Canada for the North American leaders summit with Prime Minister Justin Trudeau and U.S. President Barack Obama. Here's your cheat sheet to the three North American leaders.

Enrique Peña Nieto

- 57th president of Mexico, took office December 1, 2012
- 49 years old, born in Atlacomulco, near Mexico City
- Campaigned on an aggressive crackdown on drug cartels and a promise to improve the economy in Mexico
- Peña Nieto has publicly revealed he has had multiple affairs, including fathering two children out of wedlock during his first marriage. His image was used on a Mexico City billboard in 2012 advertising adultery website AshleyMadison.com
- His wife is Angelica Rivera, a soap opera star on Mexico's television network Televisa
- He likes to listen to Abba and Celine Dion, according to a profile in The New York Times



Justin Trudeau

- 23rd Prime Minister of Canada, took office Nov. 4, 2015
- Son of former Prime Minister Pierre Elliot Trudeau
- Trudeau is a former high school teacher and taught French, math and drama. He's also been a camp counsellor, whitewater rafting instructor, bungee jumping coach, snowboarding instructor and bouncer
- Former U.S. president Richard Nixon foretold Trudeau's rise to power in Ottawa on April 14, 1972. His mother and father were hosting a gala at the National Arts Centre where visiting Nixon said, "I'd like to toast the future prime minister of Canada, to Justin Pierre Trudeau"



Barack Obama

- 44th president of the U.S., took office January 20, 2009
- This is Obama's last year as president. He will soon be replaced by presidential candidates Hillary Clinton or Donald Trump
- In 2010 Obama introduced major health-care reform in the United States. The Patient Protection and Affordable Care Act — also known as Obamacare — made health insurance mandatory while trying to improve its affordability
- Won a Nobel Peace Prize in 2009
- Born in Hawaii, Obama spent some of his childhood in Indonesia and went to university in Chicago
- Obama's favourite sport is basketball



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Sweet seconds for U.S. president

OTTAWA

Three Amigos to have cookies made for each of them

Here's hoping the president wants seconds.

Staff at the Moulin de Provence bakery in Ottawa's famous ByWard Market are busy baking as many maple leaf cookies as they can in the hopes U.S. President Barack Obama will pop in during the Three Amigos summit.

It's not an impossible dream. The U.S. leader last visited the capital in February 2009, and surprised customers and staff alike when he dropped into the downtown bakery for a treat.

He chose the most Canadian thing in the store: a maple leaf shortbread cookie, painted red, with "Canada" iced in white.

Ever since, the cookies have been named for him. They're a huge tourist trap: store man-



Maxime Lemay of Moulin de Provence bakery sells cookies for Justin Trudeau alongside the famous Obama cookie. He'll make one for the Mexican president by Wednesday, too. EMMA JACKSON/METRO

ager Maxime Lemay said the large display gets photographed constantly.

And the store is littered with poster prints of the president's visit.

"It's not very often that the president of America is coming in a public store," Lemay said. "He stopped by Parliament Hill to meet the prime minister, and he stopped here to have a cookie. It's kind of special."

This time around, if he drops in again, the bakery will be ready.

Lemay is designing a massive maple leaf cookie featuring the flags and faces of the three North American leaders for display on Wednesday.

Staff will also give away smaller shortbread cookies featuring Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto. Of course, there will be plenty of Obama cookies to give away, too.

Lemay hopes it will be hard for Obama to ignore the store if he's nearby.

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'We've lost everything'

HELP

Ohio family's RV goes up in flames in move to Nova Scotia



Philip Croucher
Metro | Halifax

Richard Piegan isn't letting a life-altering hardship get in the way of the end goal.

Less than 24 hours after seeing his family's personal belongings go up in smoke when the RV they were driving from Belmont, Ohio, to Cape Breton became engulfed in flames, the soft-spoken American still talks with hope about getting to their final destination and starting a new life for himself, his wife Amanda, and their 15-year-old daughter, Gwen.

"We'd love to get there," he said of Cape Breton, while sitting in his Amherst hotel room Monday afternoon. "I'd love to have a job in fishing. It's been my dream for my whole life.... I just want to be a fisherman."



Richard Piegan with wife Amanda, daughter Gwen and their family dog outside the Comfort Inn in Amherst, N.S., on Monday. TC MEDIA

No one was injured in the fire, which happened about 15 kilometres from the tolls on Highway 104 on Sunday afternoon. The family had been living in the RV since April and lost all their belongings, including their passports and

credit cards.

Eyewitnesses described the fire as large, with a number of explosions. Smoke from the fire could be seen several kilometres away. By the time fire crews had extinguished the fire, nothing of the RV was left but

scraps of metal and ash.

"Everything was fully engulfed in 10 to 20 seconds. And I was out in 30 seconds.... I just got engulfed in smoke. I couldn't breathe," Piegan said, adding he turned down medical help because he didn't want to

“

We'd love to get there.... I just want to be a fisherman.

Richard Piegan on getting to Cape Breton

be away from his family.

The Red Cross made arrangements Sunday night to put the family up in a hotel in Amherst, and they were able to go to Walmart after hours to get clothes to last a few days.

Piegan said he's been overwhelmed by the support they have received so far, and is open to anything else people may be willing to give them.

He said the family RV was their "real house," which they had been living in for the past couple of months in their hometown.

It had some insurance, he added, but not a lot.

"I'm not going to turn anything away at this point. We can use any help. Anything. We've lost everything, man. We got nothing." WITH FILES FROM TC MEDIA

CAPE BRETON

Not here because of Trump

Many people have been asking Richard Piegan whether moving from south of the border to Cape Breton has anything to do with a recent website calling on Americans to move to the Nova Scotia island to get away from Donald Trump.

Piegan said Monday he had never heard of the website cbiftrumpwins.com, adding Trump running for presidency had no impact on him coming here.

"He's a jerk. I don't care about him or his 25 ex-wives," he said. "I just wanted to get up here and get a job."



Donald Trump GETTY IMAGES



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FEDS

Refugee system reform at risk as asylum numbers rise: Report

Changes made to Canada's refugee system in 2012 resulted in faster decisions on asylum claims, but an internal government study warns those improvements may now be at risk.

Several asylum targets weren't met following the implementation of reforms, despite the fact the government had set aside money to cover twice as many claims as were ultimately received, the study found.

Now, the number of claims is on the rise again.

"If claim intake continues to increase, there is a risk that there may be further challenges meeting targets, that backlogs may grow, and the overall average claimant time in the system may increase," said an internal evaluation of the reforms posted online by Immigration, Refugees and Citizenship Canada.

The latest evaluation comes with Justin Trudeau's Liberal government poised to put additional pressure on the system by undoing another of the changes made by the previous Conservative government.

The primary goal of the changes had been to get claims decided faster, to ensure those in need of asylum were approved

more quickly, and those who did not qualify were promptly deported.

The evaluation examined the implementation of two laws that — among other things — created timelines for certain steps in the process and limited avenues of appeal for claimants from certain countries.

Prior to that, however, the Tories also sought to cut off claims at the source by imposing visa restrictions on countries whose nationals were to blame much of the backlog.

One of those countries was Mexico: About 9,000 of 36,759 claims lodged in 2008 came from Mexicans. After visas were imposed in 2009, the number of Mexican claims fell to 1,199.

But this week, Prime Minister Justin Trudeau will meet with Mexican President Enrique Peña Nieto and announce a plan to lift that visa requirement.

It will come despite objections from departmental officials who fear a new spike in claims and a precedent being set with regards to visas in place on other countries.

The evaluation doesn't explicitly address the implications of a Mexican visa lift on the system. It was carried out prior to the Liberals winning

BY THE NUMBERS

\$259M

The \$259 million spent on the reform project means those seeking asylum now receive a decision about five times faster than those who applied prior to 2012.

50%

But targets for hearing dates and removals continue to be missed, like getting 80 per cent of failed claimants out within 12 months. Just over half were actually removed.

the election.

But in general, it found, claims are already rising.

The year the reforms were introduced, 20,456 claims were lodged. In 2013, it was only 10,322. In 2014, 13,410 claims were filed, in 2015 over 16,000 and further increases are forecast in the next two years, the evaluation said.

THE CANADIAN PRESS



A person holds European flags with the — British Union Jack noticeably absent — in Lille, France. European Commission chief Jean-Claude Juncker said Britain's departure from the EU was "not an amicable divorce" but called for it to be quick. AFP/GETTY IMAGES

XENOPHOBIA

Acts of racial intolerance on the rise after 'Leave' win

An Eastern European family in Rugby finds dog excrement shoved through its mailbox. A Londoner nearly gets into a fight over drunken slurs shouted on a crowded subway car. A Polish teenager in Gloucestershire is taunted with threats of deportation at her high school.

In the wake of last Thursday's vote to leave the European Union, Britain has seen a surge in xenophobia expressed in taunts, threats and worse. For many, foreign- and native-born, the U.K. has suddenly become much scarier place.

"Before Friday we lived in a tolerant society," said Oana Gorcea, a 32-year-old Romanian who has lived in Britain since she was a teenager. "I've been here 13 years, but I've never felt like I had to hide where I came from. But from Friday, things completely changed."

Gorcea, who works for a multinational company in Rugby, about 135 kilometres northwest of London, said her street was being patrolled by "English commandos who walk around and try to intimidate non-white non-English people."

Gorcea's story and others like it have been echoing across social media for days. Eastern Europeans, Muslims — even



A man wears an anti-immigration T-shirt in Romford, England, on Saturday. Prime Minister David Cameron and London Mayor Sadiq Khan said Monday abuse directed at immigrants wouldn't be tolerated. DIAMOND GEEZER/THE ASSOCIATED PRESS

Americans and Germans — have reported acts of intimidation and harassment. Victims describe an emboldened angry fringe emerging to crowd over Thursday's vote; a T-shirt sported by a man at an Armed Forces Day parade in the working-class London borough of Havering over the weekend seemed to sum up the new attitude: "YES! WE WON! NOW SEND THEM BACK."

Channel Four's Ciaran Jenkins said that within a five-minute span in the northern England town of Barnsley, three people had shouted "Send them home!" BBC reporter Sima Koticha said that she was in "utter shock" after having returned home to the southern England town of Basingstoke and been abused with a racial slur she hadn't heard "since the '80s."

THE ASSOCIATED PRESS

Brexit hangover continues to rage

UNITED KINGDOM

PM Cameron insists British economy is stable, robust



We have to accept the result, we have to get on and deliver it and as we do so, we have to seek the best possible deal. David Cameron

Prime Minister David Cameron insisted Monday that Britain's shock vote to leave the European Union won't send the economy into a tailspin, even as the country was stripped of its top credit rating and stock markets and the pound continued a downward spiral.

Calling the vote a "seminal event" that "will lead to a less predictable, stable and effective policy framework in the U.K.," Standard & Poor's knocked the U.K.'s sovereign rating by two notches, from AAA to AA. Hours later, Fitch Ratings followed suit, downgrading the country to AA, from AA+.

Both agencies said they were keeping a negative outlook on their ratings. Standard and Poor's cited risks to the econ-

omy and public finances, the pound's role as an international reserve currency and "risks to the constitutional and economic integrity of the U.K." as Scotland's strong vote to remain in the EU could raise the prospect of another referendum on Scottish independence.

Cameron, however, insisted the British economy could withstand the shockwaves.

Despite the uncertainty fueling financial instability, leaders in both Britain and the EU signalled there would be no immediate start to negotiations on an EU exit.

German Chancellor Angela Merkel met with her French and Italian counterparts and said "we agree there will be no formal or informal talks" until the British government officially declares its intention

to quit by invoking Article 50 of the EU treaty.

The statement appeared to scotch hopes by Conservative lawmaker Boris Johnson and his Vote Leave campaign to hold preliminary talks on the general outlines of a deal before Article 50 triggers a two-year countdown to a British exit.

Earlier, Merkel said she understood that Britain may need "a certain amount of time to analyze things," but said a "long-term suspension" of the question wouldn't be in either side's economic interest.

Meanwhile, U.S. Secretary of State John Kerry, in Brussels and London to address fallout from the vote, said the U.S. has "immense confidence in ... the leadership on both sides of the channel" to negotiate a deal.

THE ASSOCIATED PRESS

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FOOD AND DRINK

Diet Pepsi returns with aspartame

Diet Pepsi made with aspartame is returning to shelves in the U.S., after PepsiCo saw sales plummet following its reformulation of the drink last summer to remove the artificial sweetener.

PepsiCo says it will offer "Diet Pepsi Classic Sweetener Blend" made with aspartame starting in September, in 12-ounce cans, 2-litre bottles and 20-ounce bottles. The move is intended to appease fans who don't like the taste of the reformulated drink, which is made with the artificial sweetener sucralose.

But PepsiCo Inc. said Diet



Pepsi MAX, to be reintroduced as Pepsi Zero Sugar, and Diet Pepsi Classic Sweetener Blend will contain aspartame. Diet Pepsi will be without aspartame. THE ASSOCIATED PRESS

Pepsi made with sucralose will remain its primary diet soda offering.

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Canada Post says any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume. TORSTAR NEWS SERVICE

Canada Post warns of likely shutdown

EMPLOYMENT

Postal union will be in legal strike position on Saturday

Canada Post is warning unionized workers that any type of job action including rotating strikes this weekend will mean the shutdown of the post office.

"In the event of a labour disruption, Canada Post will not operate," the Crown corporation said Monday. "Mail and parcels will not be delivered, and no new items will be ac-

cepted. Any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume," the release says.

The two sides have been holed up in an Ottawa hotel for months, trying to hammer out a deal covering both urban and processing plant members, and rural carriers before the July 2 deadline. At that point, the Canadian Union of Postal Workers would be in a legal strike position and the corporation would be in position to lock out employees.

Canada Post has also taken the unusual step of publicly

releasing details of its last offer to the union.

It said the offer which includes a wage increase and no change to the defined benefit pensions for current employees. New hires would be put on a defined contribution plan.

A union bulletin notes those covered in the urban contract would be offered a four-year deal with no wage hike in the first year and 1 per cent each in the remaining three years. The union is pushing for wage

increases above inflation.

Canada Post also want more flexibility on hiring temporary and part-timers to work weekends and evening during peak parcel delivery periods, arguing its current policy of paying overtime is not financially sustainable.

Mike Palacek, CUPW's national president, has said the union believes management is laying the groundwork for a lockout.

TORSTAR NEWS SERVICE

72h

Either side, the Canadian Union of Postal Workers or Canada Post, would need to serve 72 hours' notice before a strike or lock-out.

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4	1	2	3	8	7	6	5	9
1	8	4	7	3	2	9	6	5
7	9	6	5	4	8	1	3	2
3	2	5	1	9	6	4	7	8
5	6	7	8	1	3	2	9	4
9	4	1	6	2	5	3	8	7
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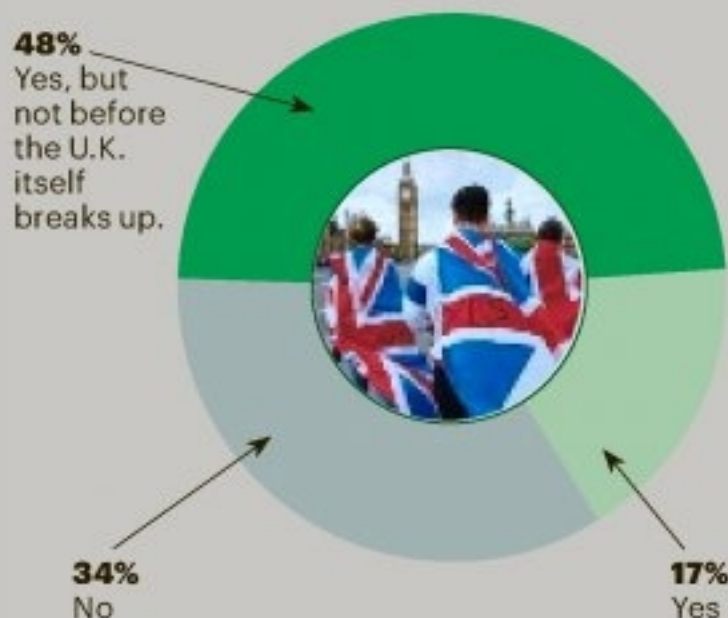


METRO POLL

Bowled over by the Brexit vote?

We've all had a few days to process the Brexit result, but nobody is any closer to having any idea what will happen. Will the U.K. actually go through with this? What about Scotland and Northern Ireland? What chain reaction of political and economic events will this set off? We asked readers what they thought would happen. Check out the results.

1 Do you think the U.K. will actually leave the EU?



2 How surprised were you by the result?

57% Completely, utterly blindsided
21% Not at all. I saw it coming the whole time.
21% Mildly to moderately surprised

3 What do you think was the decisive factor?

69% Anti-immigration/xenophobia
15% Distrust of elites and internationalist institutions
8% Fiscal/economic concerns
8% Nostalgia

WE ASKED Metro readers

Reality is the government will always choose what it thinks is best for itself in the long run

The vote provides U.K. significant leverage to negotiate new terms with the EU

They never used the euro. Putting the borders back to a safer level is wisest

The Brexit is a bigoted, backwards thing to do, and Northern Ireland and Scotland are not going to stand for it

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HAVE YOUR SAY

ROSEMARY WESTWOOD

When hunger strikes outside the home, will you be prepared?

There are two kinds of Canadians: Those who pack a lunch, and those who don't.

The latter camp seems confident others will feed them.

The former know better. We were all raised to be fully aware of the danger of walking out your front door: You could get hungry. All of a sudden, your blood sugar could plummet. You could get to the end of the road and realize your error — a tummy rumble, a dryness of the mouth, some ancient, panicky alarm system ringing in your brain like the idiot BMW next door.

The lunch packer was raised to anticipate — and head off through careful planning — this most undesirable and preventable of feelings. In their household, as a child, no trip was too small for a snack. Running up to the airport for an hour? Better bring: a banana, an orange, two smushed and still-defrosting homemade muffins of questionable consistency, one granola bar. (The car, of course, is perpetually packed with two to four full — reused — water bottles, which seem, as if by the work of fairies, to never run dry.) Going grocery shopping? Better bring an apple. Taking a flight? Here's your bagel and cream cheese. And a few old carrot sticks from the bottom of the fridge. Want to take this

day-old Danish?

For such a child, the packed lunch develops like an involuntary tick. Well aware that others somehow make do actually buying prepared meals from a million spots offering lunch, this child (now adult) remains skeptical. The outside world still seems like a wild, hostile terrain devoid of sustenance. You could get to work on time and just buy a lunch from Subway, but then you think of your parents wrapping sandwiches in reused plastic lining from cereal boxes, and you know you will be late. The fridge, no matter the measly contents, beckons. This feels like the moral choice. And even a disjointed packed lunch with all the cohesion of a latterday Picasso seems better than having to decide what to eat on the spot, when you're already hungry.

This is the lesson: Always head off the need to decide what to eat. It will be stressful, and disappointing, nevermind expensive. You will be at the mercy of the world around you. An unpredictable world.

In the moment of actually eating lunch, it becomes clear that a half-chicken meal with fries would taste so much better. But magically, by the next morning, all that is forgotten. Time is ticking. The threat of hunger looms. The packed lunch will be made.

Let's make something less cautious out of YEG

URBAN PARADIS

Danielle Paradis



"Take a risk. It's the most Edmonton thing you can do," designer Clay Lowe has scrawled on the wall of a downtown building as part of the ongoing Make Something Edmonton project.

The phrase rankled me and, at first, I wasn't sure why.

There's no doubt that Edmontonians take risks. And there's no old aristocracy here and there's an enthusiasm for new ideas.

But as we have seen over and over again, the city — and we're talking the city government — is risk averse when it comes to creative projects.

This is a city that won't allow new live music venues to open because there aren't

100 available parking spaces around it, and yet one that doesn't blink an eye at building a new arena downtown that — surprise surprise — is now looking like it's going to need a gravel-slab parking lot because the underground parking won't be completed by the time the place opens.

At the beginning of June, the social media campaign #100in1Day focused on the power of small projects to liven up Edmonton. Favourite events included a popup round dance and an art walk that highlighted some of Edmonton's street art.

There's more: The night market on Jasper, conferences on Chinatown revitalization and community pushes to save historical buildings or activate spaces are all some of the ways that people have come together to push Edmonton forward.

But the city's track record on moving forward along

with its residents has been pretty dismal. The city has removed popup bike lanes, as well as real bike lanes, and it even closed down a free library box in Oliver — for not having the right sticker.

There's also been a failure to stand beside Edmonton institutions, like the Artery or the beloved Sidetrack Cafe, although the biggest failures there were a lack of willingness to invest in the neighbourhoods around these buildings and pull in traffic.

And let's not even get started on the years-long delay Edmonton feels is OK to endure to see segregated bike lanes — something Calgary already has.

But if you want to see how truly risk averse the city is, try holding a small festival or protest. The requirements are cumbersome for a small organizing group.

Having organized the Edmonton Slutwalk for three

years, I can attest that the cost of policing an event is expensive, but it's also required in order to get insurance — and you must have insurance in order to get a city permit.

So, a more honest aphorism might be: "Take a risk. But the City will probably tell you no."

The City of Edmonton website boasts page upon page of accolades for their planning. We're vibrant, the plans rejoice. We're sustainable! Edmonton has many ambitious and award-winning plans filled with trendy buzzwords. Key word: "Plans."

Here's something I'd love to see painted on a wall: "Take a risk, Edmonton city government. It's really time you do."

Danielle Paradis loves Edmonton, politics and flowcharts. She tweets @DaniParadis

metro

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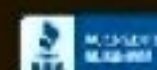
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Female orgasm: It's complicated

NEW BOOK

Sarah Barmak explores women, sex and pleasure

A few years back, Sarah Barmak noticed female sexuality was getting a lot of buzz. It was a discussion point in books, mainstream media, conversations among her friends. The recurring theme, she says, was it's "complicated."

"To me, this seemed curious," says the Toronto-based writer and journalist. "Half the people in the world — their sexuality is 'complicated?'"

It sparked Barmak's interest in probing the deeper story of female sexuality, with a focus on one thing in particular: the enigmatic, often-elusive female orgasm. Over the next three years, she spoke to sex coaches, researchers, neuroscientists and a variety of women, from those who've never had an orgasm to one who was once capable of climaxing 15 times in one session.

The result is Barmak's new book, *Closer: Notes from the Orgasmic Frontier of Female Sexuality*, an exploration of the ways female sexuality is being redefined in scientific research and today's sex-obsessed culture.



Amid all your research and interviews for *Closer*, did anything surprise you?

Oh my god, everything. I knew I'd found the tip of the iceberg early on, when I went to an orgasm workshop at Good For Her, a sex store for women in Toronto — a five-hours-long meeting. These weren't the type of women you'd imagine going to sex toy stores. Regular folks, mothers — more conservative-seeming — but they were all suffering on two levels. The first level was this magical thing that's supposed to happen in every woman wasn't happening for them. Number two was the idea that their problem was frivolous,

that it was something they'd be embarrassed to tell someone else.

That was a striking first scene. This line really stuck out, about these women talking about having an orgasm: "For nearly all," you wrote, "It will be their first one." It's sad that it's not really surprising.

It's true. I've talked to so many women who say they never talked to their mothers about sex. Or, if I asked when they first had an orgasm — they said, "Oh, I've never had that," or, "Maybe when I was first married." I think our culture takes for granted that all women have orgasms. And when you think about it, girls are not, in any sense, given information about their own pleasure. We don't think it's important for women to know what feels good to them — what kind of touch feels good, what kind of pressure, how to fantasize. A lot of girls get the message that touching yourself is wrong or shameful.

You must have a lot of thoughts about the ongoing sex-ed debate, then?

It's long overdue. I don't think it goes far enough. I think there needs to be more em-



Sarah Barmak is the author of *Closer: Notes from the Frontier of Female Orgasm*.

TORSTAR NEWS SERVICE

phasis on pleasure, and this is something you'll find in Peggy Orenstein's book (*Girls and Sex*) as well. Diagrams about the female reproductive system have everything but the organs leading to pleasure. The clitoris is rarely mentioned. But with boys, there is clear talk about boys getting erections, they have sexual

desire — and girls get the message that boys have sexual desire, and girls are the objects.

You come back to a similar theme a few times in the book, that we're living in this sexually liberated time, but you also unpack the complicated reality under that veneer.

We're accepting about sexual orientation, gay marriage and the fact that we're even talking about female orgasm — it's a sign we've come a long way. But I think there's diversity in the way that women are, and the way that sexual desire is, and the way women can be, that really isn't recognized.

TORSTAR NEWS SERVICE

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TECHNOLOGY

New feature in U.S. helps people search symptoms

Genna Buck
Metro Canada



Have you ever searched the web for a term like "eye pain" and come away concluding you're about to have a stroke, or you have a brain tumour, or maybe both?

You're not alone. Google says one per cent of its total searches are about symptoms.

Medical misinformation can spread faster than a nasty virus online, and Google is acknowledging its part in that. "Health content on the web ... tends to lead people from mild symptoms to scary and unlikely conditions," a company blog post from last week says.

In the U.S., in English only, the search giant is unveiling a new feature called symptom search. Now, when Americans type a complaint, like "eye pain," into the Google app, it will display a short overview of the symptom, information on how to treat it at home, and the signs that indicate you should head to the doctor.



ISTOCK

Harvard, Mayo Clinic lend a hand to Dr. Google

It also shows a list of related conditions compiled with help from human experts at Harvard Medical School and the Mayo Clinic. Google communications manager Susan Cadrecha said there's no date set to roll out

symptom search in Canada, but an expansion is planned to more regions soon.

When it arrives it may be met with cheers from Canadian doctors: A 2015 survey of 1,000 Canadian MDs by the Medical

Post found 41 per cent were "extremely" or "very" suspicious of health information their patients dug up online, and 45 per cent believe Dr. Google does more harm than good.

Toronto pediatrician Dr. Dan-

iel Flanders isn't one of them. He thinks a care provider made of bits and bytes has a role to play, as long as people have a family doctor they trust to help them separate "dubious information and misinformation" from genu-

SEARCHER BEWARE

If you search Google today for "vaccine information," the top result is VaccinesInformation.org, a helpful website from the U.S. Centers for Disease Control. But the second one is NVIC.org, The National Vaccine Information Centre — a sneakily named anti-vaccination group with a slick and official looking website.

ine advice.

"Anyone who is 100 per cent managing their medical problems with Internet searching — that's problematic," Flanders said. "But I feel patients taking health into their own hands and proactively seeking information is fundamentally a good thing."

"If Google can facilitate the process so high-quality information comes first, that's fabulous. Whether they're able to do that remains to be seen."

Patients with rare diseases who've researched their conditions in-depth can even teach doctors a thing or two, Flanders added: "There's a huge potential for physicians to become better experts, via the education they get from their patients. And the patients get the information from Google."

RELATIONSHIPS

Short men face a tall order when it comes to online dating

Sofi Papamarko
Torstar News Service

Dating is frustrating for just about everyone, but chances are if you are a) straight man who is b) single and c) not especially tall, you're getting the short end of the stick.

According to social psychologists Elaine Hatfield and Susan Sprecher, height is one of the most important characteristics defining male physical attractiveness to women.

Unfortunately, I've found this to be empirically true. One of my biggest pet peeves as a matchmaker is when women tell me that they would never date anyone shorter than six feet tall, thus pre-emptively rejecting the vast majority of men, sight unseen.

When I ask these women why they would discount all but a mere 10 to 15 per cent of the human male population, they usually answer they're "not attracted to guys shorter than six feet." I follow up by asking them if they'd reject George Clooney (five-foot-10) or Kit Harington, who plays Jon Snow on Game of Thrones (five-foot-six).

When pressed further, these women reveal they "like to wear



Would you turn down a date with shorter men like George Clooney (five-foot-10) or Kit Harington (five-foot-six)?

GETTY IMAGES

heels" or want to "feel like a girl," as if certain heights were more inherently masculine or feminine than others.

Online dating sites can be both a blessing and a curse. Some of them allow users to filter prospective matches by height, meaning if you're a guy who is five foot five, there are fewer women looking at your profile than that of a guy of otherwise equal charm who is six foot one.

Carissa Imgrund, 37, was one of these women who preferred dating taller men, being a tall person herself (five-foot-10). "There were many times I wouldn't even read their profile if I saw their height was less than five-foot-10. It was an automatic

delete," Imgrund says. When Imgrund met a smart and funny man on dating app Bumble, however, the banter was so electric that his (unlisted) height didn't even cross her mind. "When we met (in person) and I realized the height difference, I was really nervous at first, but everything else just clicked so well. ... By the end of our third date, I couldn't have cared less he was shorter." Three months later, the couple are going strong.

What's Imgrund's advice to single women (and men) with an arbitrary height cut-off? "Be willing to try — you might be cutting yourself off from someone amazing without even giving them a chance."

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England's latest Euro exit orchestrated by Iceland

EURO 2016
ROUND OF 16

Little nation upsets team full of Premier League stars

Iceland pulled off one of the biggest shockers in European Championship history by beating England 2-1 in the round of 16 on Monday, continuing the astonishing run of the smallest nation at the tournament.

England slumped to its most embarrassing loss in a generation after taking the lead in the fourth minute through Wayne Rooney's penalty.

Ragnar Sigurdsson and Kolbeinn Sigthorsson took advantage of defensive shortcomings by England to put Iceland ahead by the 18th minute, and the Icelanders defended superbly

MONDAY In Nice



in the second half to earn the biggest victory in their history and a quarter-final match against France in Saint-Denis.

"They thought that this would be a walk in the park," Sigurdsson said. "We had faith in our ability."

Iceland, a country of 330,000 people, is featuring in its first ever major tournament.

It proved to be the last match of the four-year reign of England coach Roy Hodgson, whose contract was up after the tournament.

"Now is the time for someone else to oversee the progress of this young, hungry and extremely talented group of players," Hodgson said. "They have been fantastic."

The England fans who booed the team off at halftime and fulltime will likely have a different opinion.

England's players head home early again for another post-tournament inquest. Their players slumped to the ground in



Iceland's Ragnar Sigurdsson scores past England goalkeeper Joe Hart in Nice, Monday.

PAUL ELLIS/AFP/GETTY IMAGES

front of their jeering fans after the final whistle, their heads in their hands.

England took the lead on a balmy night at the Stade de Nice after winger Raheem Sterling was clipped by goalkeeper Hannes Halldorsson as he prodded the ball past him. Rooney converted the penalty into the bottom-left corner.

Iceland struck back immediately through Sigurdsson, volleying in at the far post after Kari Arnason's flick-on from a long throw.

Sigthorsson then took advantage of more slack defending by England, getting time and space to shoot from just inside the area. Goalkeeper Joe Hart got a hand to the effort but the ball squirmed over the line.

ITALY 2, SPAIN 0

In, Saint-Denis, Italy ended Spain's European Championship reign, beating the two-time defending champions.

Giorgio Chiellini poked the ball into the net from close range in the 33rd minute after

Spain goalkeeper David De Gea first parried Eder's free kick, then blocked Emanuele Giaccherini's follow up from the rebound.

Graziano Pelle added the second goal in injury time.

Italy goalkeeper Gianluigi Buffon preserved the lead in the 89th with a diving save low to his right to push away Gerard Pique's shot.

Italy will next play Germany in the quarter-finals on Saturday in Bordeaux.

THE ASSOCIATED PRESS

HOCKEY

Lindros finally called to the Hall

The debate is over. Eric Lindros will finally get his plaque in the Hockey Hall of Fame.

Passed over six times before, the longtime Philadelphia Flyers captain was announced as one of four nominees for this year's Hall of Fame induction class, joined by the late Pat Quinn, goaltender Rogie Vachon and Russian winger Sergei Makarov.

"It was six years and it was a bit of time, but I guess you can turn around and say I'm in the Hall forever going forward," Lindros said on a conference call after the announcement.

15th

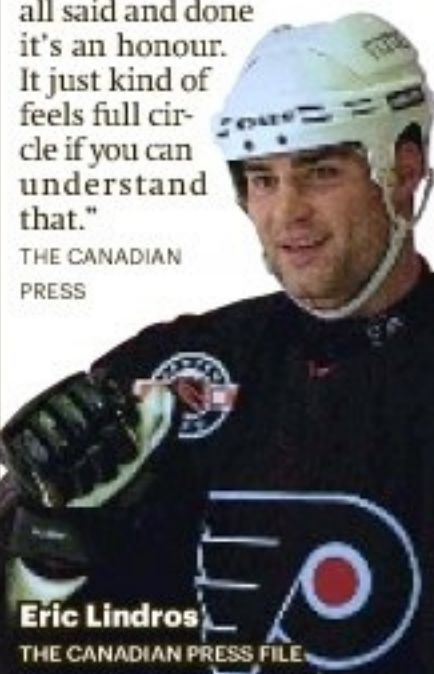
Lindros ranks 15th among all inactive players with 1.14 points per game.

This was a day that looked more and more unlikely to happen. Lindros was a hotly debated candidate every year for Hall induction, but each year it was revealed that, again, he had not made the cut.

Injuries, and the time they robbed him of, were used by some to justify of his absence from the Hall, though not from the committee, which keeps all deliberations private.

"I think there was some times you get thinking back and wondering what if," said Lindros, who scored 372 goals along with 865 points in 760 games. "But I think when it's all said and done it's an honour. It just kind of feels full circle if you can understand that."

THE CANADIAN PRESS



Eric Lindros
THE CANADIAN PRESS FILE

QUARTER-FINALS

THURSDAY

Poland vs. Portugal

FRIDAY

Wales vs. Belgium

SATURDAY

Germany vs. Italy

SUNDAY

France vs. Iceland

WIMBLEDON

Raonic fires 27 aces in straight-sets win



Milos Raonic GETTY IMAGES

Milos Raonic advanced to the second round of Wimbledon on Monday with a 7-6 (4), 6-2, 6-4 win over Spain's Pablo Carreno Busta.

The sixth-seeded Canadian used his big serve to his advantage, firing 27 aces past Carreno Busta in a match that took one hour 53 minutes to complete.

Raonic will face Andreas Seppi in the second round. The Italian advanced with a 6-2, 6-4, 6-0 win over Spain's Guillermo Garcia-Lopez. THE CANADIAN PRESS

IN BRIEF

MacLean reclaims host gig

Ron MacLean is officially back as host of Hockey Night in Canada, returning to the chair he occupied for nearly 30 years before being ousted in favour of music journalist and CBC talk show star George Stroumboulopoulos.

Stroumboulopoulos, who signed a five-year deal to host Hockey Night in Canada in 2014, is leaving "to explore new creative opportunities," according to a Sportsnet release. THE CANADIAN PRESS

SOCCER

Messi resigns after latest heartbreak

Some fans, players, and even Argentina's president want Lionel Messi to reconsider. Other supporters on Monday were simply sad that he's quitting the national team.

Messi shocked his native country with his abrupt resignation from international soccer after Chile defeated Argentina 4-2 on penalties after a 0-0 draw on Sunday.

"The national team is over for me," Messi told the Argentine network TyC Sports.

"It's been four finals, it's not meant for me. I tried. It was the thing I wanted the most, but I couldn't get it, so I think it's over."

Messi lifted Argentina's first penalty kick over the crossbar, setting the stage for another loss in a final. Messi and Argentina lost to Brazil in the 2007 Copa final and to Germany in extra time in the 2014 World Cup final. They lost last year's Copa final to host Chile on penalty kicks. THE ASSOCIATED PRESS

NATIONAL LEAGUE

Bryant has historic night in Cincinnati

Kris Bryant became the first major leaguer to hit three homers and two doubles in a game, and Jake Arrieta added a solo shot in the ballpark where he threw a no-hitter in April, leading the Chicago Cubs to an 11-8 victory over the Cincinnati Reds on Monday night.

The Cubs pulled out of their 1-6 slide behind a tandem that's had some historic moments in Cincinnati.

Arrieta (12-2) threw his second career no-hitter on April 21 during a 16-0 win over the Reds. Bryant led the way with a pair of homers in that game, including a grand slam that gave him a career-high six RBIs.



Kris Bryant GETTY IMAGES

Arrieta struggled in his return to Cincinnati, giving up a season-high five runs in five innings, but Bryant drove in six runs again to help the right-hander pull through. Bryant's 16 total bases were a Cubs record, and his five hits marked a career high.

THE ASSOCIATED PRESS

INTERLEAGUE PLAY

Cleveland keep up win streak in Atlanta

Lonnie Chisenhall hit a three-run homer, Trevor Bauer gave up two runs in six innings and the Cleveland Indians beat the Atlanta Braves 8-3 on Monday night for their 10th straight win.

Jason Kipnis added a homer in the ninth.

The AL Central-leading Indians extended the majors' longest winning streak of the season. It is Cleveland's longest streak since closing the 2013 regular season with 10 straight wins.

The Indians had 14 hits as they scored at least six runs for the seventh straight game. Mike Napoli drove in a run with three hits.

Chisenhall's homer in the

68-21

The Indians have outscored opponents 68-21 and have hit 21 homers, including 10 in their last three games, during the 10-game win streak.

fourth inning off Tyrell Jenkins (0-1) broke a 1-1 tie. Jenkins relieved rookie right-hander John Gant, who left the game in the third inning with a left oblique strain.

THE ASSOCIATED PRESS

IN BRIEF

Sens send Chiasson to Calgary for defenceman

The Ottawa Senators have dealt forward Alex Chiasson to the Calgary Flames in exchange for defenceman Patrick Sieloff.

Chiasson scored 19 goals and added 21 assists in 153 games over two seasons with the Senators.

Sieloff scored two goals, nine assists and 54 penalty minutes in 52 games with the AHL's Stockton Heat.

THE CANADIAN PRESS

Preds forge deal with Filip

The Nashville Predators have signed forward Filip Forsberg to a six-year, \$36-million contract Monday, locking up one of their brightest young stars long term.

The 21-year-old Swede led the Predators in goals (33) and points (64) for the second straight season in 2015-16. THE ASSOCIATED PRESS

Hesjedal out for France

Canadian Ryder Hesjedal will not take part in this year's Tour de France.

The 35-year-old from Victoria, winner of the 2012 Giro d'Italia, was not included on the nine-man Trek-Segafredo team announced Monday.

Hesjedal tweeted a photo of him sitting on a beach under a palapa, saying "Recovery time! France in July wasn't in the cards." THE CANADIAN PRESS

Arizona on cusp of American college glory

JC Cloney pitched a four-hitter and Ryan Aguilar drove in two runs, leading Arizona to a 3-0 victory over Coastal Carolina in Game 1 of the College World Series finals on Monday night.

The Wildcats can wrap up the championship Tuesday. THE ASSOCIATED PRESS

Las Vegas already forcing GMs' hands

NHL

Depth looking expendable with expansion draft looming

Brad Treiving saw the rules for the expansion draft and immediately was in an advantageous position. The Calgary Flames' general manager needed a goaltender, and with Las Vegas set to harvest the NHL for two of them in a year, his colleagues had incentive to make a move.

The Flames got Brian Elliott from the St. Louis Blues for a second-round pick.

A full year before the Las Vegas expansion draft, GMs must plan for the inevitability of losing a player to a team that the league wants to be good out of the gate. Already the impact of the impending expansion draft has been felt with the Flames acquiring Elliott and the Toronto Maple Leafs getting goalie Frederik Andersen from the Anaheim Ducks.

The Ducks knew they wouldn't be able to keep Andersen and John Gibson forever, and the expansion draft expedited a move.

"After starting to hear what the expansion rules could be, you just knew you weren't going to be signing both of them," GM Bob Murray said. "You're going to come out looking pretty stupid if you did that."

That will be the challenge over the next 12 months.

Teams can only protect one goalie, so the Tampa Bay Lightning will likely have to trade Ben Bishop and the Stanley Cup-champion Pittsburgh Penguins must decide what to do with Marc-Andre Fleury before the



The Flames acquired Brian Elliott, a 2015 NHL all-star, for a second-round pick on Friday night.

KIRK IRWIN/GETTY IMAGES

+ WHO STAYS?

Each team will be able to protect seven forwards, three defencemen and one goaltender or eight skaters and one goaltender.

yet-to-be-named Las Vegas team picks its first 30 players on June 20, 2017.

With the unrestricted free agent market opening Friday, teams have to consider the expansion draft as part of their off-season manoeuvres.

"Everything will be affected by that," Columbus Blue Jackets GM Jarmo Kekalainen said. "In every decision, we'll have to take into consideration what the rules are and how that might affect our outlook for the expansion draft and ahead of that."

Any player with a no-move clause in his contract must

be protected, and each team will lose one player.

Players with bloated contracts or who are past their prime will be exposed, but teams could take a serious hit because young and cheap talent will be plentiful.

Win-now teams shouldn't get worked up. Penguins GM Jim Rutherford plans to keep Fleury and Cup-winning goalie Matt Murray for now and worry about it later, and making moves for the future alone won't help anyone capture a title next season.

"It's tough to take a player you like out of your lineup right now before the season starts, especially if you want to compete for a championship," Washington Capitals GM Brian MacLellan said. "You try and find that perfect situation where you're protected in an expansion draft."

Expect some movement once teams have a grip on which players they might protect or have in danger of exposing for the

NHL's Las Vegas venture. The Blackhawks have eight players with no-move clauses and the Blue Jackets six, which could necessitate buyouts this week or deals over the next year.

Edmonton Oilers GM Peter Chiarelli, who can relax with Connor McDavid exempt because he'll only have two years of pro experience, said teams will have to think differently if they face the potential of losing a significant player. No doubt that's a reality for some, but Treiving doesn't see that flooding the market.

"That idea that now that there's expansion everybody's going to be dying to just give you players, that's not quite the case," Treiving said. "There is obviously a knowledge of what may happen, so people are trying to see if they can be aggressive or if that's going to be something in a year."

THE ASSOCIATED PRESS

CFL WEEK 1 IN REVIEW

Rainey's run an eye-opener for Lions

There was no shortage of big plays last week but for sheer excitement it's tough to beat Chris Rainey's effort in the B.C. Lions' win over the Calgary Stampeders.

Rainey's 72-yard punt return TD in the fourth quarter was not only electric but rallied B.C. to the 20-18 home victory. Rainey scored earlier on a one-yard run.

Last September, Rainey accumulated a whopping 333 return yards and scored two TDs in the Lions' 35-23 loss to Calgary. He also registered a 64-yard TD run for Montreal in its 50-17 de-

feat of B.C. in the '14 East semifinal.

The Lions' dramatic win came before 21,386 spectators at BC Place stadium, the smallest home crowd on the CFL's opening week of play. But it marked a victorious return to the sidelines for Wally

Chris Rainey

THE CANADIAN PRESS



Buono.

Buono leads CFL with 255 career regular-season coaching victories. He initially left as Lions head coach after leading the franchise to the 2011 Grey Cup title to concentrate full-time on his duties as GM. Buono, who's also the Lions' vice-president of football operations, added the coach's job this off-

season following the resignation of Jeff Tedford.

The largest opening-night crowd came in Edmonton on Saturday with 27,846 taking in Ottawa's dramatic 45-37 overtime win in a rematch of last year's Grey Cup game.

On Thursday night, 24,812 witnessed Toronto's first-ever regular-season contest at BMO Field, a 42-20 loss to arch-rival Hamilton. The following night, 26,433 spectators watched Montreal's 22-14 win in Winnipeg.

THE CANADIAN PRESS

RECIPE Roasted Chicken and Grapes



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Well, you didn't see that coming did you? But the sweetness of the grapes is a lovely counter-part to the rich balsamic and earthy thyme in the sauce.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients
• 1 Tbsp olive oil
• 4 chicken thighs
• 2 shallots, sliced
• 3 cloves of garlic, minced
• 3 cups red seedless grapes
• 1 cup chicken stock
• 1 Tbsp balsamic vinegar
• 1 Tbsp brown sugar
• 2 Tbsp dried thyme

Directions
1. Preheat the oven to 400 F. In

a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a rack.

2. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.

3. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.

4. Serve over couscous, mashed potatoes or polenta.

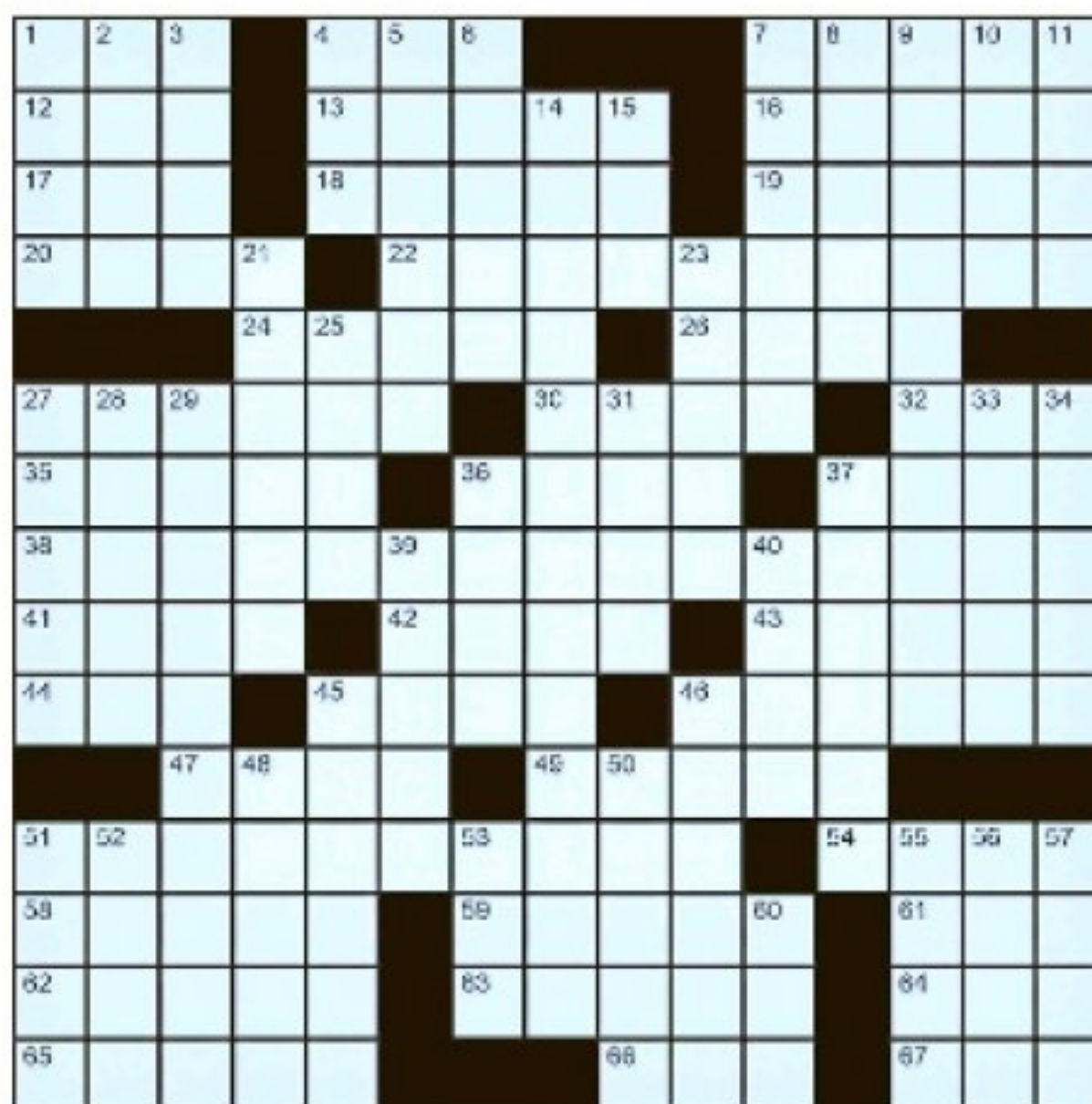
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. MLB's Cubs city
4. Red apple
7. A&E's scary show, "Motel"
12. Conned
13. "Not Ready To Go" by Canadian band The
16. Bright lizard
17. "say!" (And how!)
18. Andrea (Ill-fated luxury liner in 1956)
19. Example of a herbivorous odd-toed ungulate
20. Treble
22. Wipers
24. Norwegian playwright Henrik
26. Female octopi
27. With pleasantness
30. "Stanley &" (1990)
32. Sugar amt.
35. Ontario village called "Toronto without the Ts"
36. Rotate
37. Italian harp
38. "Lowbush" fruits produced in Eastern Canada: 2 wds.
41. Cape Breton, et al.
42. Energy units
43. Are Not, contracted
44. "sells sea-shells..."
45. BBC, fun-style
46. Rids
47. Dressed
49. House-topper rims
51. Astronaut's dreamed-of work area: 2 wds.



54. Tropical tuber
58. Workplace group
59. PC screen clickers
61. Goldie, to Kate
62. Quarried construction material
63. Red Hot Peppers

64. French pronoun
65. Hues
66. Empire State Bldg. location
67. Commonly in poems

DOWN

1. Stylish
2. Lecture lieu
3. Still
4. "be my pleasure,"
5. Groggy
6. Cliff nest
7. Get cleans
8. Once more

9. Lush wall hangings
10. Oscar-winner Mr. Jannings
11. Baby Atlantic Herring, wee-ly
14. Vacation town in Manitoba, it makes a splash!: 2 wds.
15. "Songs (Say

- So Much)" by Elton John
21. Demons
23. Glisten
25. Steve McQueen sci-fi film, "The" (1958)
27. "not the time (Later is better)"
28. From Dublin's country
29. Assemblage
31. BBQ servings
33. Used up
34. Histories
36. Positive
37. "You're under" (Police officer's exclamation)
39. 1970 album by The Who: "Live at"
40. Trendy = All the
45. Books: & Noble
46. Equally
48. Sierra
50. Flip (Choose by chance)
51. Depose
52. To, archaically
53. Small photograph
55. Weaponry, wee-ly
56. Skylight's location
57. Cut
60. Command to an attack dog!

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your freedom is important to you today, which is why you might be impulsive or do something others least expect. Well, that's the Aries way, isn't it? (Get used to it!)

Taurus April 21 - May 21
You feel restless today. You have that feeling that you're waiting for the other shoe to drop or something like that. Don't worry, because this feeling will be gone by tomorrow.

Gemini May 22 - June 21
A friend might surprise you by doing or saying something unusual. Or perhaps, you will meet someone who is a real character. Oh well, it's not a boring day!

Cancer June 22 - July 23
Be polite and respectful when talking to authority figures today, because you might be tempted to be just the opposite. If someone catches you off guard, don't be lippy. And don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be interrupted, delayed or canceled today. Likewise for schedules with colleges and universities. Count on it.

Virgo Aug. 24 - Sept. 23
Check your bank account and matters related to inheritances, insurance issues and shared property, because something unexpected might happen. Make sure you are on top of things.

Libra Sept. 24 - Oct. 23
A friend or partner might throw you a curveball today. Or perhaps this person will demand more freedom in the relationship. It could be anything.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted today because of computer crashes, power outages, fire drills, canceled meetings or staff shortages. Give yourself extra time so that you can cope with the unexpected.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, social events might be canceled or rescheduled — including sports.

Capricorn Dec. 22 - Jan. 20
Small appliances might break down at home today, or minor breakages could occur because something unexpected will take place at home. Perhaps someone unusual will knock on your door.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day, so pay attention to everything you say and do. However, you're also full of clever, bright, original ideas!

Pisces Feb. 20 - March 20
Watch your money and possessions today. Guard them against loss or theft. You might find money, or you might lose money. What you want to do is be aware.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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2014 Subaru Impreza



#P2408
AWD, AUTO
AND A/C

\$18,888

OR \$0 DOWN \$155 BI-WEEKLY

2013 Toyota FJ Cruiser



#P2460
AUTO,
TOP PACKAGE

\$36,588

OR \$0 DOWN \$299 BI-WEEKLY

2015 Ford Flex SEL



#P2461
LOADED, NAV

\$31,888

OR \$0 DOWN \$228 BI-WEEKLY

2010 Toyota Venza LTD



#P2427
LEATHER, MOON
ROOF, LOADED

\$17,988

OR \$0 DOWN \$186 BI-WEEKLY

2013 Hyundai Elantra



#P2422A
AUTO, 5YR 100,000KM
WARR WITH 52,000KMS

\$12,988

OR \$0 DOWN \$103 BI-WEEKLY

2015 Mitsubishi RVR SE



#P2367
AWD, LOADED, FACTORY
WARRANTY, ONLY 30,365 KM

\$19,488

OR \$0 DOWN \$143 BI-WEEKLY

2014 Toyota Avalon



#P2475
RARE CAR,
FULLY LOADED

REDUCED TO
\$28,588

OR \$0 DOWN \$209 BI-WEEKLY

2013 Ford Mustang Convertible



#P2513
71,000KM,
AMAZING SHAPE!

\$22,988

OR \$0 DOWN \$188 BI-WEEKLY

2013 Ford Escape



#P2456
AWD,
ECOBOOST

REDUCED TO
\$19,388

OR \$0 DOWN \$159 BI-WEEKLY

2014 Scion FR-S Monogram Edition



#P2520
22,000KM, NAV,
6SPD

\$27,888

OR \$0 DOWN \$205 BI-WEEKLY

2014 Nissan Juke CVT



#P2490A
SUNROOF,
VERY CLEAN

\$19,988

OR \$0 DOWN \$149 BI-WEEKLY

2015 Ford Edge SEL



#P2402
AWD, FULLY LOADED,
ONLY 20,000 KM

\$32,488

OR \$0 DOWN \$249 BI-WEEKLY

2015 Ford Taurus SEL



#P2413
AWD, FULLY LOADED,
ONLY 11,000KM

\$26,988

OR \$0 DOWN \$209 BI-WEEKLY

2013 Toyota Highlander LTD



#P2463
LOADED, SUNROOF,
LEATHER, NAV

\$35,488

OR \$0 DOWN \$255 BI-WEEKLY

2014 Mazda CX-5



#P2455
AUTO, LOADED,
AWD

REDUCED TO
\$23,488

OR \$0 DOWN \$169 BI-WEEKLY

2013 Toyota Rav 4 LE AWD



#P2421
CLEAN

\$22,988

OR \$0 DOWN \$197 BI-WEEKLY

WHEATON
TOYOTA
ON THE TRAIL

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780-809-4685

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